

## How To Get Lucky - MTP437

Scot McKay: five from the mist and shrouded mountaintop fortress that is X and Y Communications headquarters. You're listening to the world famous Mountain Top Podcast. And now here's your host, Scot McKay. All right, gentlemen, how's it going? Welcome to yet another episode of the world famous Mountain Top podcast. As always, I am your host, Scot McKay, and today we're going to talk about something that has never been covered on this show before. And yet it is a fascinating topic. And as typically is the case when we have fascinating topics that have never been covered before, it all comes down to having the right guest to talk about that topic with. My returning guest today is Derek Loudermilk. And we're going to talk about how to be a lucky man. But before we do that, I want to remind you that you can catch me on social media, Scot McKay on Twitter, which is now called X, of course on True Social, on YouTube and on TikTok. And I'm @Real Scot McKay on both threads and Instagram. If you guys haven't visited mountaintoppodcast.com in a while, we got new goodies there for you. As you know, we typically tend to do, we add things there all the time. And also the Facebook group is the Mountainop Summit and we hope you'll join us there. Derek lives typically in St. Louis, but you never know where he and his family are going to be. They just bought land in Guatemala and headed down there to check it out. And I indeed welcome Derek. Louder Milk. Back to the show. Derek, good to hear your voice again, man.

Derek Loudermilk: Hey, Scot, good to catch up with you again as well.

Scot McKay: Yeah, man. You know, I was, absolutely dead serious when I commented to you before we hit record on this program that you're one of those guys. I know that every time I talk to you, you have been thinking and practicing things that puts you way

above, you know, where most of humanity is thinking. And every time, every time I taught you, you've advanced that cause, even more than you did last time. Just when I thought you were, you know, an outer space somewhere in terms of your thinking and even your, your practice compared to other people. And so, you know, we're talking about how the pyramids are being formed and you know, you can bring back memories from that and all kinds of metaphysical things that are real eyebrow raiseors. But, practically speaking, you know, these guys want to get better with women and they want to improve their relationships with women, of course, and be a better man. And I really found myself immediately fascinated by your suggestion of the topic, how to be a lucky man. And you know, we're going to talk about retro causality, which is a fancy buzzword for something you've been, you know, thinking about, that nobody even ever, dreams to even consider, you know, because that'll be a lot of fun. But, you know, Derek kind of kicked things off here. Luck is a term to us that kind of implies something accidental, doesn't it? And you're talking about putting causation and intentionality behind it. So, man, riff away, tell us your thoughts on being a lucky man and let's take it from there.

Derek Loudermilk: Yeah, so I've been thinking about miracles and how they occur and how to sort of have a system to repeatably create miracles, for the last couple of years. So when you think about miracles, it's really just like an optimal outcome that maybe you wouldn't have expected given your circumstances.

Scot McKay: Well, I think of miracles is something that's wrought by God.

Derek Loudermilk: Well, God, let's presume that God's running it.

Scot McKay: All right, fair enough.

Derek Loudermilk: When you are experiencing a lot of miracles, let's assume you're getting in the way less. And so the natural flow of things is the miraculous. And in our earthly experience you can have this sort of linear progression. Like people think of like, o, I'm gonna progress through my career by working my way up the ladder, or I'm gonna slowly learn a skill and get better and then I'll pay my dues and then I'll get reap their rewards. But miracles happen in a, non linear quantum way. And when I say quantum, I mean going from one state to another sort of instantly. So you're here and then you're there. There's no linear progression. You don't have to wait for time or skill to pass. You just simply an opportunity just shows up. The exact right opportunity that you're looking for, or the exact right idea, or the exact right circumstances or whatever it may be.

Scot McKay: Or the exact right woman, maybe.

Derek Loudermilk: Or the exact right woman or relationship. Yeah, you could go from, let's take a dating scenario. You could go from all of a sudden

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Derek Loudermilk: not meeting the right person over and over to being surrounded by lots of people who would fit the right, characteristics for you. And that wouldn't take necessarily you putting in several years of work, but it would take, for example, getting very clear on exactly what the miracle is going to be like and then sort of getting out of the way to let it happen. A lot of times we slow down miracles, because we are placing our attention in the wrong places where getting sidetracked by media or by our worries in life or any of these other things. And that causes wherever we place our attention, that causes energy to flow in that direction. So essentially you're just slowing down, having

miracles happen in your life when you're giving away your attention and therefore your personal power to inconsequential things.

Scot McKay: Why do you think it is that 99.9% of the human population, at least in the western world, has a total blind spot with regard to what you're talking about? Or do you disagree with me? You think more of us are in.

Derek Loudermilk: Tuned about how we place our attention?

Scot McKay: It seems like people get so involved with the minutiae and the well, noise, for lack of a better way to put it in life that they just start losing self awareness, they start losing themselves. And what you're talking about sounds a lot like becoming more in tune with yourself, the world around you. And you know, the circumstances don't have to be what you are told they're supposed to be if you just think and get out of the box a little. Am I on to something there?

Derek Loudermilk: Yeah, you said a couple of keywords, becoming more of yourself and circumstances. Now we just had in this election, which is a great example because a lot of people felt one of two ways. They either felt happy and it made them feel better about themselves because they were on the winning side or they felt sad, because their side didn't win. And if you noticed yourself feeling either of those, that means you have tied your inner experience in with outer circumstances. And so you're placing energy in the outside world. And that means, you know, the outside world circumstances are going to dictate the flow of your life. So you really want to be able to flip that around either way so that you are creating the circumstances rather than the circumstances creating you. And when you learn to be yourself and you're not giving away your power, then naturally things will just start to happen perfectly for you.

Scot McKay: Perfectly is a strong word, Derek.

Derek Loudermilk: Perfectly is a strong word and you might not understand the full perspective. Right. If you think about God understanding the complete perspective, things could unfold in a way that you don't really like while it's happening. But in retrospect you can see that the chain of events led you to the perfect next step in your life unfolding. Right? So when you look back and connect the dots, this is what Steve Jobs was talking about. You see how basically everything is a miracle unfolding to teach you the lessons at the right time to give you the experience that you need for the next step. All these things. So it really is unfolding perfectly and miraculously. So part of experiencing luck in miracles is to have the perspective that even when you're in a stressful situation and it's really challenging you to realize that that is actually part of the miracle unfolding and to live as if you're in a miracle unfolding.

Scot McKay: So it's a mindset for sure. You have to kind of switch how you think about life in general, don't you?

Derek Loudermilk: Yeah, absolutely. And this also comes with getting some distance between being in the experience and seeing the experience from a higher perspective. So in my world, when we study metaphysics, the universe or God is a fractal in nature. So, like, each part of the universe is holographic. The whole universe is in each smaller aspect of the universe. And so there's above you, there's your higher self. And so you can sort of toggle back and forth between the perspective of view as an Earth human and then the perspective of your higher self, which is orchestrating your life and circumstances so that, again, the miracle unfolds just as it's, you know, intended to.

Scot McKay: Sounds exhausting to keep track of. I think that's probably in part what

explains why so many of us are so stuck in the here and now. It just seems like a lot of work. And we wouldn't even know what the payoff would be until we are,

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Scot McKay: well, kind of where you are and we understand how all this stuff works. You know what I mean?

Derek Loudermilk: Well, what's really exhausting is feeling like you are in the middle of a storm. Like you're a leaf on the wind getting buffeted or just something floating on a stormy sea, right? That's how if you live your life by external circumstances, then everything is just happening to you.

Scot McKay: That's a pretty strong comeback. I have to admit. This hamster wheel thing does suck. And it is pretty exhausting sometimes. Yes, for sure. Continue.

Derek Loudermilk: Well, so have I have a fun little practice that maybe I'll share about, which can help you get into a lucky. Just a lucky way of living. And it also, this. This gets you out of linearity. So in order to get extraordinary outcomes, you have to sort of allow them from a place where anything is possible, right? This realm where you're working from infinite possibility. So the realm of quantum potential, where you can go from one state to any other state. And this practice is called unreasonable requests. And it's actually really fun. It's kind of a game you can play where you basically force yourself to ask for things that you would expect somebody to say no to. So the first time I tried this was when I was living in Bali and it was my birthday and I decided I wanted to have a birthday party fundraiser for a local charity there. And it turns out there is a monthly mansion party. It's like this big pool party with DJs. They rent a mansion in different

parts of the island. It happened sort of every month. And I asked the organizers, anyway, I asked them if they would make it a birthday fundraiser for me. And to my surprise, they said, yes, we'll do it. And what happened was actually ended up being a win, win, win situation for everyone because they agreed to give half of their profits to charity. Now, a normal business wouldn't just necessarily agree to give half their profits, but because we advertised it as this birthday party for charity, a lot more people came. I think this was the biggest one they had. There was like 320 people. And it turned out to be the biggest birthday party I've ever had as well. And we ended up raising in Indonesian money, like millions of, rupia for charity, which is like thousands of US Dollars. But okay, so it had all these amazing results. Basically, like everyone there was like, hey, it's your birthday. That's so amazing. And I got to experience birthday, party like I've never experienced before. We raised all this money for charity. The event itself got all this extra exposure. And basically this was just from me sort of asking for something unexpected. And so you can do this as well. You can do this as a daily or a weekly practice where you make unreasonable requests. a daily practice or a weekly practice. Another example that I did, which was not quite so elaborate as the birthday party was we were at this concert. It was an, outdoor sort of chamber music, but outside in the woods, kind of a new idea in classical music. Anyway, they were playing these giant alpine horns. The horns are like 15ft long and you've probably seen them in movies or.

Scot McKay: Something wherea, you know.

Derek Loudermilk: Yeah, the rola ones. So anyway, I went up to the, the guy playing this afterwards. I was like, oh my gosh, that was so cool. Can I play this horn? And he kind of looked around like, I'm not supposed to let you do this. But he's like, sure. And so I played it. I got to made this huge noise and it was amazing. And everyone else looked

over and saw me playing it and they came up and they're like, hey, can we play it too? And he's like, no, nobody else can touch this.

Scot McKay: That's enough.

Derek Loudermilk: Yeah, it was. Because I just asked and he said yes. And I wasn't expecting that, but I would have been fine if he said no. Right? Like don't put your mouth on my instrument. That's, that's totally fine. This will change the, basically the feedback loop with how you deal with reality. Okay, so a lot of times we are experiencing the same thing from one day to the next, but did you know that we're actually rendering reality in real time? So the latest research in physics basically proves that, we are creating physical reality moment to moment. Partly this happens through our pineal and pituitary glands. but it's kind of like in a video game. When you turn the corner of a video game, there's like the rest of the building, but it wasn't there before because it's rendering in real time. So that's how

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Derek Loudermilk: reality is being created by all of us together. And so when you start to do these unexpected things, like these unreasonable requests, then you can abruptly have reality be created in a new way. That is, your days become more different than they were before. So this is a technique actually to shape physical reality based on how you're choosing to react in sort of an unpredictable way to the existing experience that you're having.

Scot McKay: You know what's interesting about talking to you, and I mean that in the true sense of the word, Derek, is every time you utter the phrase, did you know? I



already know. I don't answer is already, no, of course I haven't. I don't have no idea what you're about to say and I probably will have never thought of it before. Even so, I always just brace myself whatever you say, did you know? And I'm embracing myself for something amazing. So I'm really enjoying this conversation. I want to comment on something here.

Scot McKay: I think most of us in life understand that if we don't ask for it, we're not going to get it. And sometimes you get what you ask for. I think most people can, you know, point to a random example here and there in their life. Like last week, you know, we got Emily's car back from just a lot of hail damage. And the paint and body shop guy, good dude. And we've worked with him before, so we're turning business and we've, you know, sent people to him because he does amazing work and he's very honest about it and we've left him reviews and stuff. So he knows us. And they just gotten this massive windfall of money from our insurance company and it was time to pay a \$200 deductible. And, Emily was reaching to get her credit card out. And I said, hey, you know, we've kind of done a lot of business with you guys and we've sent you guys a few folks. Can we just waive that? And Emily's looking at me like, yeah, sureir. He goes, yeah, no problem. I'll talk to my boss. So 250 bucks just for asking, right? You know, we were expecting to have to pay that, and, we were told we would have to pay that, but, meh, forget about it. He was in a good mood, I was in a good mood, and I basically manifested myself \$250. But it wasn't really supernatural. It's just two dudes working together. That's how dudes do deals, right? But that's tiny. That's not this massive cataclysmic metaphysical shift in the entire future of my life because I dared to dream bigger. You know what I mean?

Derek Loudermilk: Well, it's.

Scot McKay: Or is it.

Derek Loudermilk: Can you can trivialize it?

Scot McKay: Is there a butterfly effect to that?

Derek Loudermilk: Yeah, it's. You're practicing being a certain way. Another part of how the world and your circumstances and the material, you know, world that you experience comes into being is you inhabit a certain frequency. Right? And this is an emotional state based frequency. So. Yes. So you actually were inhabiting a frequency state. And so what you're actually doing was you were creating that experience from a certain frequency of emotion. So you and the autoboy shop, both of you guys were probably feeling joyful, collaborative, enthusiastic, friendly, all of these nice feeling states. but if you were feeling combative or if you were trying to watch your budget, or if you were, you know, thinking too far ahead about the other tasks that you needed to get done, those are actually much more dense or lower frequency experience state. And so you can actually use. This is a great time to bring up Jesus, right? Because he did a lot of miracles. And when he was doing his miracles, he was in a very heightened state. He was bringing in his awareness of his divinity. So he was working from his heart, he was working from a place of unconditional love, essentially a very high frequency, which, aligns the outcomes of the miracles he's creating with the sort of overall will of God or the universe, right? So he was aligning what he wanted to happen on earth with the divine will and allowing him to sort of just like bring these miracles forth. The other thing he was doing, he was using verbal commands. A lot of times he would like, say, like, now you are healed. And so just like we're having this practice of where we're asking for things or we're, you know, verbally speaking them into existence, that's part of what Jesus was doing as well. So you can always look to people that have performed

miracles regularly and just see what they're doing, and copy it.

Scot McKay: Now, not to be missed here, you're, in my opinion, successfully reconciling this with Judeo Christian belief system.

Derek Loudermilk: Well, I don't know the full extent of Judeo Christian belief system, but what.

Scot McKay: You're talking about can peacefully coexist with being a Christian. You can believe all this stuff and still be a Christian.

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Scot McKay: This isn't some kind of heretical thought process you're undertaking, right?

Derek Loudermilk: Yeah, because Jesus was a real dude and he had to abide by the same laws of physics, that we do, presumably, but he had also access to much more awareness of who he was. Now, let's say you remember as much of your divinity as Jesus did. You could probably do most of the same things. And he also said, you'll do more than me. Something like that. I remember a quote this like, you will learn to do more things that I can do.

Scot McKay: That is true.

Derek Loudermilk: That's scriptural learning and remembering.

Scot McKay: Okay, so I'm going to go all looney Tunes on you just because I want to

bring this back down to a pop cultural perspective, even if just for a brief moment. As much fun as we're having, there are folks out there in Kentucky or whatever, it's always hillbillies, you know, and I say this lovingly because my wife's half hillbilly. Hell, the new vice president is all hillbilly, right? So, you could call that diversity. He's a DEI hire, man. He's a hillbilly. Anyway, what I'm saying is they have these churches out there, these spirit filled churches where they handle rattlesnakes and drink strychnine because the Bible told them they could. And people have gone and covered these people and yeah, they're holding rattlesnakes with real fangs and real venom and guys are drinking stryine and I mean, it can't taste good. I mean, but you know, whatever floats their boat and they lab test it and it's poisonous. They're supposed to be dead. And of course, anybody coming at this from a particularly secular view will go, well, this is ridiculous. Something has to explain this. It was some kind of magic trick. You know, if David Blaine can do it, they could do it kind of thing. But everybody who's coming at it from a spiritual perspective who's a believer would say, well, the Bible talked about this and these folks are simply fulfilling this prophecy and they're the ones called upon by God to be able to pull it off there. I would imagine you would have a different explanation, but it goes on. And a lot of these things happen in life that nobody can explain. And indeed, to get back to our point, some people, Derek, seem like they're a whole lot luckier than other people. And what you're saying is if you're creating your own luck, then there's more intention, there's more direction, there's more even knowledge and ability associated with these people coming off so lucky that most of us rank and file bastards out here could ever understand until we join in and figure it out for ourselves, right? Yeah.

Derek Loudermilk: If you work from a premise that anything is possible, then a lot more luck can happen. The hard part is if your rational mind gets in the way and it's like, actually, that's not possible. Well, who are you to put any restrictions on the universe? Right. And in order to stop putting restrictions, you just have to be willing to let your

beliefs go. You have to be willing to let your past go, the story you tell yourself about yourself. You have to hold it very lightly and be willing to let it go at a moment's notice if it's slowing you down. Yeah, you have to be willing to let your personal history go, your past go, the stories you tell yourself about yourself. Now, a lot of people think, I'm going to let the things that I don't like about my past, I'm going to release those. But the hard part, and the more powerful part is releasing stories about yourself that are beneficial. Like, oh, I'm a really clever person, or, I win at games, or I can talk myself out of tricky situations, or whatever it is, like I'm good at math, etc.

Scot McKay: For what it's worth, I was tracking with every one of those comparisons until you mentioned being good at math. That one I can't whatever.

Derek Loudermilk: It is that you have, this belief you've acquired about yourself, this story that you tell yourself, that makes you feel like a good person. Right. When you let those go, it doesn't mean that you lose the innate aspects of yourself, the things that you're actually good at. It just means you're willing to let go any of the narratives about who you are and what's possible for you. So that's a practice that I do is sometimes physically right. I'll take something that means something to me. Like today I just threw away my college ID that I had been holding on to for 20 years. And I liked it because, it reminded me of what it was like to be a freshman in college for the first time. But I threw it away because I realized that's a story, and that little ID card was tying me to some story about myself. Now, that story still exists, Right. I still had those experiences. Ah. And I was still that person who went through those things. But

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Derek Loudermilk: just clearing out my history allows me to create from a sort of a

much more open place about who I can be. That makes sense.

Scot McKay: Well, I think it does make sense, But I would like for you to elaborate a little bit more on whatever need there would be to somehow clear out these nostalgic feelings and perhaps the totems of that nostalgia that we have laying around in our lives. Because, I mean, I think sometimes the reminders that they give us or what they represent can be quite meaningful. I mean, my life right now is somewhat immersed in the sport of BMX racing. And up on my wall to my left in my office is the very moto sheet from 1983 when I turned expert. And I have both membership cards, the novice one, and when they sent me the new one that said expert on it. And it has all the names of the kids I beat that day. And it's handwritten and it's old school, and I love it. I don't think I feel good about just tossing it in the trash can one day and forgetting about it, because somehow it's tying me down. In other words, Derek, I don't understand how it's holding me back. So why get rid of it? Well, it or have I begged the question? I mean, no one's telling me to get rid of it. You're just making a point which is actually, in fact, removed from the mere pragmatism of throw that thing out. Are you making a larger, more metaphysical point? Of course you are. But tell me what it is.

Derek Loudermilk: Well, it's just about mastering your control over reality, Right? I talked before about your 3D self and your higher self, right? The perspective of you write your soul or your spirit, that's not in your body, but it's the awareness that exists, right? And so you have this lifetime, this 3D lifetime, which has these stories in it, like your BMX story or my College freshman story. But when you place too much of yourself in your attention within those stories, you're bound by those stories. And what we're talking about here is quantum leaps, creating miracles and things like that. So you want to be able to recreate, right, your physical 3D reality, and that includes your story. And so the less things that you have tying you to any particular set of circumstances, the

easier it will be to create something totally brand new.

Scot McKay: So, for example, this framed moto sheet on my wall represents to me that even though I was told I should be, a brainiac and not be an athlete in high school, suddenly I've achieved to the point where I am quite literally a card holding expert at an athletic skill, which caused me to view myself for the rest of my life as more of an athlete than simply an egghead. It changed my life. But what you're saying is, my entire life, I may have unnecessarily tethered my athletic ability to that moment of becoming an expert at bmx, which may have caused me to unnecessarily gravitate to, for example, becoming a, BMXer once again as an adult, as opposed to maybe doing something else that would have been bigger and more different and perhaps more fulfilling because my thought process was still too small, because I was still tethered to that. Is that what you're getting at?

Derek Loudermilk: Yeah, exactly. So it's totally fine. but it does have limitations. And I would also say that the other part of this, right, is our life story, our life trajectory is preceded by sort of spiritual soul contracts. At least this is what I've learned from studying people who have died and then come back to life and they learn about their soul contracts, that whether or not you were 7 or 9 or 15 when you first became an expert level, BMX person, if that was part of a sole contract for you to go through that experience and learn that lesson, then you would find your way to that, and you could have the choice presented to you multiple times, and eventually you decide to take it. So a lot of the key moments in our life seem to be orchestrated, in advance by ourselves for our own benefit and experience. But it's, it's, the way that God learns about him or herself, or the universe learns about him or herself is through a whole collection of experiences, right? And so for you to have that experience as Scot McKay, having this epiphany of like, oh my gosh, I can be athletic, that is the real useful nugget

for God, is to learn what it's like for you to go through that experience. So no matter what, it's all valuable, it's all fantastic stuff. But if you want, in the context of miracles, you have to start operating less from linear story and more from again, this sort of quantum infinite potential perspective.

Scot McKay: Yeah, I'm starting to see how this really does tie into the idea of being lucky. Because

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Scot McKay: what you're doing is you were manufacturing a different viewpoint of what your reality would look like. And obviously unless some kind of maniac, we're not going to make that a negative reality. We would like for that to turn out well. You know, we're not all borderline personality disorder people around here who love drama and pain. Most of us would rather be prosperous. Let me bring it back right now to what you said earlier, which was an incredibly profound point that I really haven't heard anybody else make. That I think kind of brings this down to earth for a lot of guys. No matter what you think of this particular election cycle that just happened, whether you're happy or sad, the truth of the matter is if it's affecting you like that, you are allowing external circumstances to control your life, your being. If you're happy Donald Trump got elected, if you're sad, Kamala Harris did not. Sad is an understatement. Happy is an understatement for some people. You know what you're really saying, what you're really announcing to the universe, to use your vernacular, which I'm cool with right now, is this entity, this President of the United States, has control over how my life turns out for the next four years and potentially beyond. And what you're saying is that's total Bs. We should just, you know, uncouple ourselves from that vision of reality and realize we're not victims of circumstance here. We create our own luck, we create our own



circumstance because we have power within us to do that if we only tap into it. And that's what you're speaking of, right?

Derek Loudermilk: Yeah. So imagine if you felt totally at peace and enthusiastic zest for life, no matter who, who's president.

Scot McKay: Right.

Derek Loudermilk: It also doesn't really affect me, right, who's president right now of, India, for example. And so you've decided to make whoever's president of the country you live in mean a lot more. But if you, if you're working from a state of just sort of peaceful self expression, then your life is going to unfold with that as a foundation.

Scot McKay: Would someone in North Korea have limitations relative to what you're talking about that we wouldn't.

Derek Loudermilk: Well, there's a lot of books that came out of people who were in concentration camps. Man's search for meaning is one that came to mind.

Scot McKay: Door Francl. Yeah.

Derek Loudermilk: Victor Franco.

Scot McKay: Right.

Derek Loudermilk: And he was saying that part of the reason he survived was because of where he placed his attention. He had something that he was living for. He was living

for his family and the work that he wanted to do once he got out of the concentration camps. And that allowed him to have a certain amount of peace about his circumstances. And it had also somewhere for him to focus his attention, less on the evil and more on what he personally needed to do for himself. A, moment to moment. And so that's just another example of. Right. Directing your attention changes how you experience your circumstances.

Scot McKay: That's an amazing answer. And you so glibly presented it, you didn't even have to think about it. There was no edit there. I'm reminded of the movie once again. Life is Beautiful or Roberto Benigni movie from about 20 years ago. and of course Italian actor, subtitled film still wins best picture Oscar because it's brilliant. It's one of my top 10 favorite movies, even still. And in it he is a Jewish father and he and his son are sent to a concentration camp in Nazi Germany. And the story is all about how he helps his son survive that concentration camp experience in many ways by doing exactly what you speak of. And of course there's some whimsy in the movie relative to the situation. It's hard to juxtapose the words whimsy and Nazi in this same conversation. But that's perhaps the genius of this particular movie as it does so successfully. but that's a must watch for anybody who's even dabbling in what you're talking about because to the extent any of what Roberto Benigni's character and his son pull off and that movie is possible, it's amazing. And indeed, the movie is largely inspiring. Of course, every Nazi movie has uncomfortable and downright sad moments. but that is a very inspiring movie and it's the first thing I thought of, along with Viktor Frankel's book. When you, when you talk about what you talk about. So give me some practical steps that these guys can do to become more lucky. I mean, I mean all of the wonderful, fascinating, erudite, intellectual and expansive topics that you talk about are always fascinating and wonderful. But I think oftentimes we're left Eric with the concept of all right, what do I do? What Step one, what's the baby step here?

Derek Loudermilk: Okay, this, this is gonna be

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Derek Loudermilk: way easier than you probably want it to be. Think of it like a restaurant. You put your order in and then you wait for the food to come out. You don't go back checking on the cook, like, hey, how's it coming? is itn toa be ready in 15 minutes or 16 minutes or you basically let them take care of it, right?

Scot McKay: Yeah. Well, you've never waited tables on the East Coast. Yeah, that's exactly how the guys are, right? Where's my soup?

Derek Loudermilk: Oh my goodness.

Scot McKay: I remember. I mean, not to derail you here, but this is relevant. I remember when I was waiting tables in college, guys would send their sons into the kitchen like their 10 year olde kid and, just stand there, you know, like the little Hitler boy and boys from Brazil, you know, like this little obnoxious kid going, hey, where's our soup? You know what I mean? It's like. And, that happened more times. I can count on one hand say, hey, Junior, go in there and get the chefs to get the meal out here. Get a move on, you know, but here's the thing.

Derek Loudermilk: The soup doesn't get cooked faster, if you're asking.

Scot McKay: No, it doesn't. Yeah, Actually that slowed things the hell down. And try to explain that to dad when he's already a little hot under the collar because he's hangry because he worked all day and he wants his damn soup, you know, But I feeling you.

I'm feeling you, dog. Go ahead.

Derek Loudermilk: Yeah, you're right. So once you put your order in for your miracle, then forget about it, right? You just wait for it to show up. The universe and God are going to cook your miracle in the kitchen for you. And so you don't have to put any more effort into it. You don't have to like, try to get things prepared to build the room that the miracles are going to arrive in. All these things, like you can just put your order in and wait. And if it takes a short amount of time or a long amount of time, that's not necessarily up to you. So you've got to release control to, a large degree of what it's going to turn out and look like. And the other piece, the thing that can actually help you get it faster is once you've given up worrying about how quickly it's going to get there, go out and lie down on some grass. Because when you talk about grounding things into reality, they're coming from the world of thought, right? You had this idea of this thing you wanted. You asked for the miracle. That's just a concept. It hasn't become physical reality yet. So the best way to ground something from again, the quantum wave state into the quantum particle state, from non solid to solid physical reality is actually to go and lie down on the ground. There's certain aspects of the planet itself that help you become more grounded lying on the ground. It's all connected. It's the same, it's the same word for a reason. But being very close to the earth and slowing yourself down while you're lying on the. You can look at the clouds or whatever you want while you're lying on the ground, that's actually going to help miracles get there faster.

Scot McKay: Actually, there's objective science behind being grounded. You know, we walk out in the field barefoot, it affects us very positively as humans in many ways. And perhaps one of the ways society has been wounded in our perception of post modernity is that, we wear shoes and we walk on concrete all day. I mean, there's study after study about this. It's actually very real. I admire the elegant simplicity at

least. You started out very elegantly and simplistically, you know, talking about placing your order and forgetting about it till it shows up. But what if I have cancer and I want that cancer healed? It's going to be a little bit more difficult to be that patient, isn't it?

Derek Loudermilk: Well, remember, you're rendering reality moment to moment billions of times per second. Your body itself is being created billions of times per second. And if you're creating it the same way over and over again based on the story and beliefs that you have, like, oh, I have cancer now I'm creating a reality where, I'm convinced that's the reality and that's what happens. But there's countless times when people's cancers have just, poof, been eliminated. You'll find this a lot, actually. My ex was a Christian scientist and in Christian Science they, I think you might call it the divine blueprint. They sort of tune into the divine blueprint and the body immediately is healed and reverted back to its sort of purest form. So it's not like the tumor slowly shrinks and then goes away. It's like one second there's a tumor, the next second there is no tumor because the body is back to a state of perfection. And it's really just sort of a distorted set of beliefs that allows any disease actually doesn't have to be cancer, to be manifested in your physical reality experience. So if you're tied to the story that that's how your body is right now, that you're sick, then it will continue to perpetuate, and it may be changed slowly through treatments. But those treatments are actually. Maybe they're affecting the

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Derek Loudermilk: biochemistry, but they're more affecting how you create reality from moment to moment.

Scot McKay: That's very fascinating, because even in the simple life I live, I see examples all the time of both sides of that coin. For example, I know people who

identify very heavily with being type 1 diabetic or having multiple sclerosis, and they have a way of bringing it up all the time. Well, because of my diabetes, I'm like this. Or since I'm an Ms. Patient, this is affecting my reality. And they tie that illness very closely to their personal identity, even in their outward face in life. And I also know parents who have been told their kids are on the autism spectrum, and they wear it like a badge of honor. You know, Junior is on the spectrum, of course. So we can only expect this. I'm looking at a pretty normal kid, and I don't want to be judgmental, and I don't want to let my Dunning Kruger show or anything like that, because I don't know what I'm talking about. But, you know, I could have interacted with this kid, say, on the BMX track for the next six months and not have said to myself, ever, this kid's autistic. But they keep repeating this kid autistic. They keep repeating this. Kids on the spectrum. there was a travel show years ago where this couple was taking their two boys around the world, and they kept talking about how, because our kids are on the spectrum, and Emily and I were looking at this show, looking at two normal boys running around. The kids are interacting. They're showing emotion. I don't. I mean, I guess so, if you say so, but it just seemed like the parents were a little too proud of autism. And I see that a lot where people will wear this on their sleeves, this illness or this diagnosis. And meanwhile, I have seen more than my fair share of other people start getting symptoms and go, oh, hell no. And next thing you know, e. It was just a little scared. We're good. And I've started to adopt that. As I get a little older and get more symptoms, sometimes some scary things will show up. Derek and I say, oh, hell no to it, and they go away. the symptoms stop. I. I'm not going to go into a lot of detail. But I have over the past 10 years, like most people who are getting into their 50s have had stuff happen and said to myself, I need to go to a doctor. This is pretty ugly. And then on the other hand, I say, you know, when I don't worry about this, when I don't think about it so much and I banish it from my imagination, the symptoms aren't there. It goes away. And people could say, well, that's a psychosomatic thing. You're worrying about it, therefore your

body responds. But you know, all of this, no matter how simplistic or practical, as opposed to metaphysical, you want to make all this out to be, what doesn't change is the truth of what you're talking about, and here's my explanation for it. And I'd love for you to comment on this. I think when you are very early on and something that may be worrisome or something that might not turn out well, like, you know, you're starting to get a little rift, you know, I mean, apart from medical diagnoses and the like, you're starting to not get along with your boss, or you and your girlfriend are starting to be a little distant from each other, it's a lot easier to believe, oh, I must just be seeing things. Let's manifest something different. Let's think about this a different way. Let's create our own luck by just saying no to this. Indeed, it's a lot easier to believe in that miracle when the miracle would be to change something relatively small before this thing grows into a mountain of hurt and pain in of itself, and suddenly you have to forklift a, cancer diagnosis or divorce papers or something like that. In other words, if you catch it early, the miracle is, for lack of a better word, easier to believe in.

Derek Loudermilk: Yeah, that's a great point.

Scot McKay: Yeah, so I'm on to something there.

Derek Loudermilk: And when you were telling this story about the people repeating o this kid is autistic or on the spectrum or whatever that's programming, repeated things go into people's subconscious, and their lives are created from their subconscious. And so again, because we're using this analogy of rendering 3D reality like a program, you might as well program yourself in a beneficial way. So manage the inputs right about what you tell yourself about who you are so that the inputs are only beneficial to you.

Scot McKay: Yeah, that's amazing. That's amazing. I've loved this conversation. And

Derek, you never disappoint. You always show up and you talk about things that blow our minds and Then hopefully we get to the point where we bring it back down to ground level and it's really practical for these guys, no matter where their thought process is and all of that. But I'm always left wondering how we miss all this stuff because our imaginations aren't big enough and our curiosity level is not evolved enough. And I'm one of the most curious people I've ever met. And frankly, Derek, you blow me away, which is one of the things I love about you. You're like the most curious

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Scot McKay: mofo I've ever met in my entire life. And look where it gets you. You know what I mean? And I think it's great. And I hope and trust that these guys listening to this have been inspired. Today. I'm gonna send these guys to [mountopodcast.com](http://mountopodcast.com) Derek and what are they going to find when they get there this time, man?

Derek Loudermilk: Yeah, so you'll actually find some really fascinating workshops that I've done over the last year or two, including one on miracle hacking and timeline jumping, which we didn't talk about as much. But, if you've heard about the Mandela effect and how to take advantage of that. So that's a workshop. There's also workshops where I teach people how to look forwards in time, into their future, to sort of gain insight about the trajectory of their life. So, yep, those are all on my website.

Scot McKay: Fantastic stuff. And, Derek, I love having you on. You know, we ought to do this more often because it seems like you join us on the show, like, once every year and a half or two. And I think there's so much to talk about with you. We should do it more often. But thanks again for being on the show, man. Let's do it again soon.



Derek Loudermilk: Yeah, thanks, Scot. Good to talk to you again.

Scot McKay: Yeah, absolutely. And gentlemen, go to [mountoppodcast.com](http://mountoppodcast.com) download the free book *Sticking Point Solved*. It's all yours when you join my newsletter list. And hey, listen, my newsletter is not annoying. First of all, there's beautiful women at the top of every newsletter. And I am all about making sure that if I have the honor of you opening my newsletter and reading it on a daily basis, then I owe you content. I owe you something that's going to change your life. So get that book, get on my newsletter list, and, I think you'll like what you see. I think you'll like what you'll read in both the book and in the newsletter. And I can't wait for you to get on board. Please visit our sponsors Joacco, Willinkx company Origin in main, the Keyport and Hero Soap. And when you partake of any of the products from our, fin sponsors, please use the coupon code Mountain10 to get an extra 10% off at purchase. Also, guys, you know we're coming up to the end of the year here, 2025. We're going to be a quarter of the way through the 21st century. Can you believe that? And it's time to get you the results you want with women. When you talk to me on the phone for 25 minutes or half an hour, we can put a plan of action together in place that gets you on that road sooner than later. it's time, it's time for a lot of you guys to get this part of your life handled. So talk to me for free. And even if it's just, you and I talking about what's going on and I get to kind of gain a little bit of an understanding on what's going on with you guys out there nowadays in the world of relating to women, that's fine too. But I guarantee results in advance. When you get on the phone with me, you will leave with something that will help you and empower you for having been on the phone with me for 25 or 30 minutes. You can get on my [schedule@mountaintoppodcast.com](mailto:schedule@mountaintoppodcast.com) as well. And until I talk to you again real soon, this is Scot McKay from X&Y Communications in San Antonio, Texas. Be good out there. The, Mountain Top Podcast is produced by X and Y Communications, all rights reserve worldwide. Be sure to visit

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